

PEAR AND CHICKEN SALAD

By Kimberli Washington, Public Information Office



Ingredients:

- 4 skinless, boneless chicken breasts
- 2 small pears, cored and halved (lengthwise)
- 6 cups mixed green leaf lettuce
- 1/3 cup walnuts
- Lemon juice
- Crumbled blue cheese (optional garnish)
- Salt and pepper, to taste
- Dressing of choice (try a vinaigrette)

Directions:

- Brush both sides of pear halves with lemon juice and set aside.
- Season chicken with salt and pepper to taste and place on grill rack. Grill for about 5 minutes before turning chicken over.
- Add pears to grill rack, cut side facing down. Grill chicken and pears for about 10 minutes or until chicken is done and pears are tender crisp.
- When done grilling, transfer chicken and pears to cutting board. Cut pear halves into half and chicken into slices.
- In serving bowl, arrange mixed greens, chicken, pears, walnuts and crumbled blue cheese (optional garnish).
- Serve with desired salad dressing and enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.